Disability Inclusion

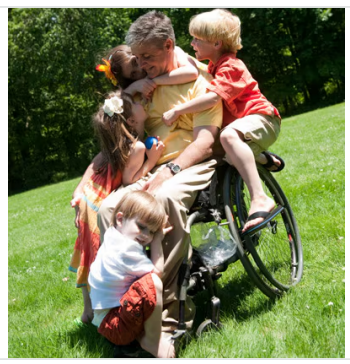
DECEMBER 18, 2024

CDC's website is being modified to comply with President Trump's Executive Orders.

Disability Inclusion

ABOUT

- Disability inclusion means including people with disabilities in everyday activities and encouraging them to have roles similar to their peers without disabilities.
- Inclusion should lead to increased participation in socially expected life roles and activities.
- This requires communities and organizations to put adequate policies and practices in effect.



What is disability inclusion?

Including people with disabilities in everyday activities and encouraging them to have roles similar to their peers who do not have a disability is *disability inclusion.* This involves more than simply encouraging people; it requires making sure that adequate policies and practices are in effect in a community or organization.

Inclusion should lead to increased participation in socially expected life roles and activities—such as being a student, worker, friend, community member, patient, spouse, partner, or parent.

Socially expected activities may also include engaging in social activities, using public resources such as transportation and libraries, moving about within communities, receiving adequate health care, having relationships, and enjoying other day-to-day activities.

Disability inclusion and the health of people with disabilities

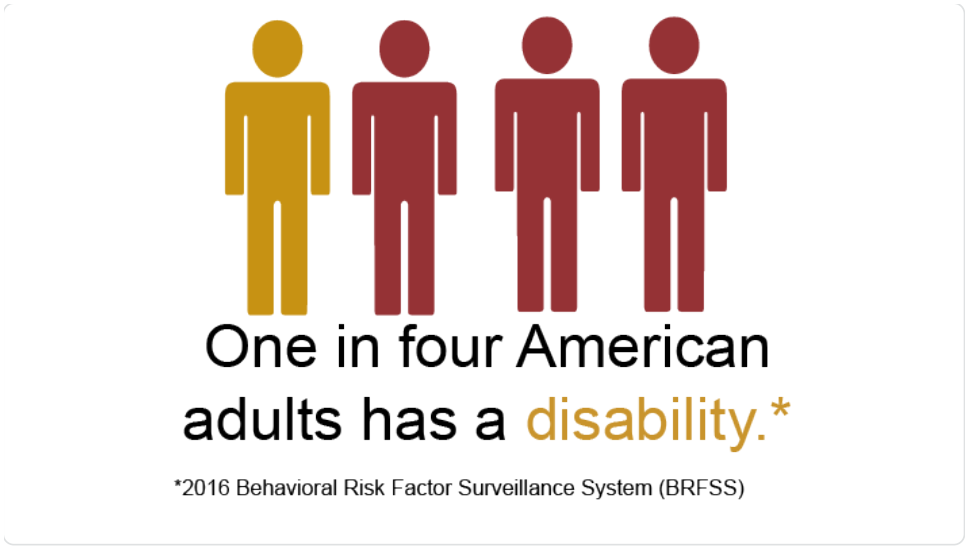
Disability inclusion allows for people with disabilities to take advantage of the benefits of the same health promotion and prevention activities experienced by people who do not have a disability. Examples of these activities include

- Education and counseling programs that promote physical activity, improve nutrition, or reduce the use of tobacco, alcohol, or drugs.
- Blood pressure and cholesterol assessment during annual health exams, and screening for illnesses such as cancer, diabetes, and heart disease.

Including people with disabilities in these activities begins with identifying and eliminating barriers to their participation.

Why is this important?

Disability affects approximate 61 million, or nearly 1 in 4 (26%) people in the United States living in communities. Disability affects more than one billion people worldwide.[1] [2] According to the United Nations Convention on the Rights of Persons with Disabilities, people " ... with disabilities include those who have long-term physical, mental, intellectual, or sensory [such as hearing or vision] impairments which in interaction with various barriers may hinder their full and effective participation in society on an equal basis with others."[3]



One in four American adults has a disability, according to a 2016 Behavioral Risk Factor Surveillance System survey.

People with disabilities experience significant disadvantages when it comes to health. For example:

- Adults with disabilities are three times more likely to have heart disease, stroke, diabetes, or cancer than adults without disabilities. [4]
- Adults with disabilities are more likely than adults without disabilities to be current smokers. [5]
- Women with disabilities are less likely than women without disabilities to have received a breast cancer X-ray test (mammogram) during the past 2 years. [6]

Although disability is associated with health conditions (such as arthritis, mental conditions, or emotional conditions) or events (such as injuries), the functioning, health, independence, and engagement in society of people with disabilities can vary depending on several factors:

- Severity of the underlying impairment.
- Social, political, and cultural influences and expectations.
- Aspects of natural and built surroundings.
- Availability of assistive technology and devices.
- Family and community support and engagement.

Disability inclusion means understanding the relationship between the way people function and how they participate in society, and making sure everybody has the same opportunities to participate in every aspect of life to the best of their abilities and desires.

SOURCES

CONTENT SOURCE:
National Center on Birth Defects and Developmental Disabilities

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